



**SATURDAY,
AUGUST 22,
2015**



Head for the hills and race for the raptors. All proceeds from this event will go to support Patoka's non-releasable birds of prey; a bald eagle, red-tailed hawk and an eastern screech owl. With your help, we are able to support the lives of these non-releasable birds of prey for our educational programming.

COURSE INFO:

Swim 0.28 miles in Patoka Lake, begin & finish at the beach.

Bike 12.8 miles on well paved roads around Patoka Lake.

Run 3.1 miles through the woods on groomed gravel roads and well paved bike trail.

START TIME: 8:30 a.m. Eastern Daylight Time

*Packet pickup- Friday, August 21st 8:30a.m. to 8p.m. at the Patoka Property Office

*Saturday, August 22nd -Onsite check-in and packet pickup 6:30 to 7:45 a.m. at the Patoka Lake beach *Mandatory safety meeting 7:50a.m. on Saturday.



CONTACT US AT (812)685-2447

EMAIL: dreckelhoff@dnr.in.gov

REGISTER ONLINE AT: <http://headforthehillspatokalaketriathlon.itsyourrace.com/>
or at <http://triathlons.dnr.in.gov/> and click on the registration link.

USAT Membership not required

Timing by: Crossroads Events LLC

Online Registration ends Thursday, August 20th at 8p.m. Onsite Registration Friday, August 21st from 8a.m. - 8p.m. at the Patoka Lake Office and on race day at the beach from 6:30 -7:45a.m.

Overall prizes, team prizes, division prizes, and age group prizes for winners of each gender. You may choose the following special divisions: Overall, Clydesdale (200lbs +) or Athena (Women 165lbs+). If you choose a special division, you will forfeit any age group division award you might have qualified for.

Price: Individual- Early Registration- \$40 (Through June 30th)

-\$45 (July 1st – August 1st) **Free T-shirt while supplies last if you register before August 1st**

-Late Registration- \$55 (starting August 2nd)

Team Registration -\$110 year-round

Also Offered: 8:10a.m., Free Kids Fun Run for ages 10 and under and also ages 11-14.
Onsite registration & awards for this ¼ mile paved up-hill run at the beach.

Directions to race at: www.mapquest.com

3084 N. Dillard Rd. Birdseye, IN 47513

Information

This triathlon is a race with a cause. All proceeds from this event will go to support Patoka's non-releasable raptors; a bald eagle, red-tailed hawk, and an eastern screech owl. With your help, we are able to support the lives of these non-releasable birds of prey for our educational programming. We look forward to your participation and appreciate your help in saving Indiana's birds of prey.

Race Time: Set for 8:30a.m. Eastern Daylight Time on Saturday, August 22, 2015.

USAT membership is not required.

Contact Us

Dana Reckelhoff, Race Director

(812)685-2447

dreckelhoff@dnr.in.gov

Race Website: <http://triathlons.dnr.in.gov/> and <http://headforthehillspatokalaketriathlon.itsyourrace.com/>

Location

The race will be held at Patoka Lake. The address is 3084 N. Dillard Rd. Birdseye, IN 47513. However, the town where we are actually located is Wickliffe, IN. GPS and MapQuest directions are usually accurate in locating the property using the address above.

Registration

Register online at: <http://headforthehillspatokalaketriathlon.itsyourrace.com/>

Online registration closes on Thursday, August 20th 8p.m. Eastern Daylight Time. Onsite registration will take place during packet pickup at the Patoka Lake Property Office from 8am until 8p.m. E.D.T. Packet pick up available until 8pm. Day of race registration will take place at the beach from 6:30 -7:45a.m.

Chip Timing

Chip Timing by Cross Roads Events LLC. Scoring and timing services using Jaguar Timing System

Results will be posted on <http://triathlons.dnr.in.gov/> and <http://cross-roads-events.com/results15/>

Individual times for run, bike and swim will also be available. Transition times are not factored out.

Course Information

Swim 0.28 Miles (500 yards) in open water at the beach. Provided color swim caps must be worn. Waves will be staggered as competitors swim out 150 yards, 200 yards parallel to beach and then 150 yards back to shore. Wet suits may be used in water 78⁰F and lower.

Bike 12.8 miles along paved hilly roadways. Start by climbing the infamous "beach hill", loop through the properties 'hillacious' roads, boat ramp parking lots, and back down "beach hill" to finish the bike portion. You must furnish your own water along the bike course.

Run 3.1miles through the woods on well maintained gravel lanes and a paved bike trail. Runners must wear the race bib in front on their shorts or shirts. There will be 1- 2 water stations along the run course.

Transition Area will be supervised. Only the participants will be allowed in the transition area and will be the only ones authorized to pick up their bike and equipment. To collect equipment, your body ID # must match your bike ID #.

Results & Awards

Live results will be posted immediately at the race using on screen monitors and can be found at: <http://triathlons.dnr.in.gov/> and <http://cross-roads-events.com/results15/>

Awards will be given to the overall male and female winners, male and female winners of the 10 year age groups, overall team winners and top male and female winners of the Clydesdale & Athena divisions.

Race Evaluations

Your opinions are important to us. Please complete an event evaluation form to tell us how we did. Help us to improve for future races. Pick one up under the racer's tent.

Bike Check & Repair

Adventures Recreation and Gear of Jasper will make minor repairs and have some equipment for sale. Have your bike in racing condition when you arrive. **HELMETS ARE MANDATORY.** Have your own water bottle for the bike portion. Recumbent bikes may not be used.

Wave Start

When registering online choose from 1 of 5 waves according to your ability level. They are labeled Elite, Good, Average, OK, and Slow and Steady. Swim caps might be color coded by wave start.

Teams

Team captains must complete the registration for all team members and also be responsible for payment of the entire team. Team captains are required to furnish all team members with the event information. Please list the team members in order as to who will compete in swim, bike, and run portions of the race. Teams can consist of 2 or 3 members of any sex and combination.

Divisions

Participants who win the overall awards cannot win an age group award. Similarly, age group participants cannot win an overall award. Awards are given to the winning male and female and in each age group. Other special divisions include Clydesdale (men 200+ lbs.), Athena (women 165+lbs) and teams. If you choose one of these special divisions, you will not qualify for any age group award or an overall male/female award.

Mandatory Safety Meeting

Begins at 7:50am and will last 20 minutes.

Kid's Fun Run

8:10a.m. Free for ages 10 and under, & 11-14 years. ¼ mile up-hill run on paved bike trail at beach. Awards will be given out!

Facilities

Restrooms and showers are available onsite for your convenience at the beach house.

Recreation Area Entrance Fee

Triathlon participant's vehicle entrance fees are waived. All other vehicles will pay the \$5 entrance fee; \$7 out of state vehicles.

Parking is conveniently located at the event site. Traffic controllers will be on duty to assist vehicles before and after the event. Traffic will however be limited during the event for the safety of our athletes.

Packet Pick Up

Packets may be picked up at the Patoka Lake Office on Friday, August 21st from 8am -8pm and Saturday, August 22nd from 6:30 -7:45am under the racer's tent at the beach. Arrive early. ALL TRIATHLETES MUST SHOW PHOTO ID TO PICK UP THEIR PACKET TO RACE, unless prior arrangements have been made.

Cancellation

In the event of cancellation, no refunds will be made. Entries are not transferable or exchangeable.

Food and Refreshments

Food, drinks and water will be available as participants complete the event. This is for competitors only. A concession stand is available for spectators.

Lodging

Campgrounds are available onsite. Cabins are available locally. Other lodging is available in the cities of Jasper (19 miles west) and French Lick (17 miles north).

Other Opportunities

Boating, skiing, fishing, kayaking, archery, hiking trails, fitness trail, 6 mile paved bike trail, disc golf course, & more.

Questions

Contact the Race Director

Dana Reckelhoff

(812)685-2447

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